

Stride Through Summer

2022 Pediatric Gait Summer Camp



Led by our pediatric physical therapists, Stride Through Summer is a program for children looking for a challenge. It will include high intensity exercise and activities to improve gait, higher-level mobility skills, balance, strength and endurance.

Participants will be provided with education and resources to help transition the skills they have achieved back to their community, school and home environments.

A physician referral/prescription is required to participate in the camp. Participants must have an insurance policy that will cover group therapy.

Baby Sharks (ages 3–6)

Monday, Wednesday, Friday
July 25–August 12 from 9–12 pm
355 East Erie Street, 18th Floor

Participants must be able to:

- Sit safely for 1 minute with distant supervision
- Climb up and down stairs (walking or crawling) with close supervision
- Walk for 2 minutes with or without assistive device with distant supervision
- Transition from the floor to standing with minimal help
- Follow a simple two-step command
- Must be able to use the toilet independently

All Stars (ages 7–17)

Monday–Thursday
July 18–August 11 from 5–7 pm
345 East Superior Street, 13th Floor

Participants must be able to:

- Sit safely for 2 minutes with distant supervision
- Climb stairs with 1 handrail and moderate help
- Walk for 2 minutes with or without assistive device with moderate help
- Transition from the floor to standing with minimal help
- Follow simple three-step or complex two-step commands like touch your knee then pretend to talk on the phone
- Masked and practice social distance



To sign up, contact us at
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